

[Preventing Workplace Injuries](#)

Stay on Track & Watch Your Back!

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Many employees take their backs for granted until an unexpected injury occurs during the workday. Improper lifting of boxes, installing computer equipment, loading equipment into vehicles, carrying boxes, twisting in your chair to reach the phone, data entry, and other repetitive motion injuries are some examples of routine workplace activities that can cause a back injury.

KDHE in partnership with the Department of Administration, DPS: Health & Safety Specialists, successfully piloted a May 10 a one-hour in-service training titled: Back Facts: The Ergonomics of Preventing Workplace Injuries. Staff from KDHE's Bureau of Children, Youth and Families participated in the pilot training.

Workplace injuries result in lost workdays and spiraling medical costs. They cause both temporary and permanent physical disabilities. Some of the most frequently reported occupational injuries include back, upper extremity, repetitive motion, shoulder, and injuries from slips and falls.

Back pain is the second most common reason for missing work, behind the common cold. The North American Spine Society estimates that 80 percent of American adults will experience back pain during their lives. The good news is that providing employees ergonomic body mechanics education and training that includes proper posture and lifting methods can prevent many workplace injuries.

Improper lifting is not the only reason employees get injured at work. A weekly routine of exercises that develops strength and flexibility in the back, pelvis, thighs and upper body, including stretching, has been shown to be effective in reducing the frequency and severity of injuries. Improved flexibility can greatly improve your quality of life as individuals age.



Chris Saiya, Dept. of Administration trainer, demonstrates proper lifting technique during a May 10 clinic to prevent back injuries at work.

KDHE in partnership with HealthQuest, will host a June 15, noon, employee brown bag style "Lunch Talk" in CSOB room 530 on beginner-level exercises that can be done sitting or standing while at work. These exercises will help strengthen your back and upper body to help avoid a workplace injury, and maintain good health.

To schedule a presentation or for additional information please contact: J. A. Ransom, M.A., Human Resources & Service Quality, (785) 296-1229 or e-mail: jransom@kdhe.state.ks.us.